



SJ WOMEN'S EMPOWERMENT NETWORK

Powered by United Way, Saint John, Kings & Charlotte

OVERVIEW OF FUNDED PARTNER

SJ Women's Empowerment Network focuses on empowering and creating change for low-income women and their communities through free programs that build education, self-esteem, social/emotional skills, employability, leadership, and community engagement and advocacy.

IMPACT

Michelle's Story:



My name is Michelle, and I am in the Power Up program at the Women's Empowerment Network. During the second week of our program we did a Personal Asset Mapping activity where we were instructed to write our strengths and positive attributes on a chart. I was hesitant because I didn't consider myself capable or aware of who I was as a person.

I thought of myself as just a mother of three children. But I underestimated myself and I shouldn't have. Seeing the assets and strengths that I have truly amazed me. I have suffered with low self-esteem and I am currently trying to improve my connection with myself. The Asset Mapping activity impacted my mindset profoundly.

It expanded my outlook on my full potential. I realized I have had these assets and qualities this entire time; I just had to accept and acknowledge them.

Building Strong & Healthy Communities

86% of outcomes set with United Way were met or exceeded in 2021.



This is your **Local Love in Action**

2021 Outcomes

88%

of women achieved 1 or more SMART goals towards their future success.

81%

of women reported that their self-confidence has increased while attending WEM programming.

56%

of women who completed a WEN program went on to enroll in a "next step" program.

Your Local Love

United Way Funding

\$50,000

People Served

53

Program Interactions

732



United Way
Saint John, Kings
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